Data Dictionary Codebook

C7_Exploring the Psychological, Emotional and Behavioural Effects of Artificial Lighting (PID: 3054)

08/10/2025 14:21

Instruments

Languages

#	Variable / Field Name	Field Label *Field Note*	Field Attributes (Field Type, Validation, Choices, Calculations, etc.)
Instrument: Exploring the Psychological, Emotional, and Behavioural Effects of Artificial Lighting: Questionnaire Data (exploring_the_psychological_emotional_and_behaviou) **Enabled as survey** Active languages - Data Entry: en, Sv | Survey: en, Sv			
1	[record_id]	Record ID	text
2	[participant_id]	Section Header: *Participant ID Number TO BE COMPLETED BY THE STUDY COORDINATOR* Participant ID Number	text (number, Min: 100, Max: 999), Required
3	[stress_t1]	Section Header: *Initial Stress Scale Meaurements TO BE COMPLETED BY THE STUDY COORDINATOR* Stress Scale 1: Pre baseline HR measurement. Value must be between 0 and 12, and may include one decimal place. *Use a full stop for decimal numbers (e.g., 7.5)*	text (number_1dp, Min: 0.0, Max: 12.0), Required Custom alignment: RH
4	[stress_t2]	Stress Scale 2: Post baseline HR measurement. Value must be between 0 and 12, and may include one decimal place. *Use a full stop for decimal numbers (e.g., 7.5)*	text (number_1dp, Min: 0.0, Max: 12.0), Required Custom alignment: RH
5	[sex]	Section Header: *Baseline QuestionnaireSection 1: Demographics TO BE COMPLETED BY THE PARTICIPANT* Please indicate your sex.	radio 1, Male 2, Female 3, Non-binary 4, Prefer not to say
6	[birth_year]	Please indicate the year you were born. *Use 4-digit year (e.g., 1990)*	text (number, Min: 1920, Max: 2030)

7	[colour_blind]	Do you have any form of colour vision deficiency (colour blindness)?	radio 1 Yes 2 No 3 Not sure
8	[colour_blind_type]	If you do have some form of colour vision deficiency (colour blindness), what type? If you answered "No" or "Not sure" to whether you had any form of colour vision deficiency, then you can skip this question.	radio 1 Red-green colour blindness (protanopia or deuteranopia) 2 Blue-yellow colour blindness (tritanopia) 3 Total colour blindness (achromatopsia) 4 Not sure 5 Other
9	[rel_status]	What is your current relationship status?	radio 0 Married 1 Registered partnership (living together) 2 Partner (not living together) 3 Widowed 4 Divorced 5 Separated 6 Single (never been married or legally separated)
10	[education]	What is the highest level of education you have received?	radio 1 Not completed primary school 2 Primary school 3 Secondary education 4 Trade or vocational 5 Started university studies 6 Bachelor's degree or equivalent 7 Master's degree or equivalent

			8 Doctoral education: Licentiate degree 9 Doctoral education: Doctorate degree
11	[employ_status]	What is your current employment status? Please indicate your type of employment based on the on the options below.	radio 1 Full-time employment 2 Part-time employment 3 Self-employed 4 Unemployed 5 Retired/pensioner 6 Student 7 Homemaker not otherwise employed 8 Early retirement, sickness benefits or equivalent 9 Other
12	[mth_income]	Please estimate your monthly income after tax, including all salaries, pensions and benefits. Use the slider to select your estimated income, rounded to the nearest 1000 SEK. If you do not know the exact amount, please provide an estimate.	slider (number, Min: 0, Max: 120000) Slider labels: 0 SEK, 60,000 SEK, 120,000+ SEK Custom alignment: RH
13	[wake_time]	Section Header: *Baseline QuestionnaireSection 2: LifestyleTO BE COMPLETED BY THE PARTICIPANT* What time did you wake up today? Please select the time you woke up, rounded to the nearest 30 minutes.	dropdown 1 00:00 (12:00 AM) 2 00:30 (12:30 AM) 3 01:00 (1:00 AM) 4 01:30 (1:30 AM) 5 02:30 (2:30 AM) 6 03:00 (3:00 AM) 7 03:30 (3:30 AM) 8 04:00 (4:00 AM) 9 04:30 (4:30 AM) 10 05:00 (5:00 AM) 11 05:30 (5:30 AM) 12 06:00 (6:00 AM)

			13, 06:30 (6:30 AM) 14, 07:00 (7:00 AM) 15, 07:30 (7:30 AM) 16, 08:00 (8:00 AM) 17, 08:30 (8:30 AM) 18, 09:00 (9:00 AM) 19, 09:30 (9:30 AM) 20, 10:00 (10:00 AM) 21, 10:30 (10:30 AM) 22, 11:00 (11:00 AM) 23, 11:30 (11:30 AM) 24, 12:00 (12:00 PM) 25, 12:30 (12:30 PM) 26, 13:00 (1:00 PM) 27, 13:30 (1:30 PM) 28, 14:00 (2:00 PM) 29, 14:30 (2:30 PM) 30, 15:00 (3:00 PM) 31, 15:30 (3:30 PM) 32, 16:00 (4:00 PM) 33, 16:30 (4:30 PM) 34, 17:00 (5:00 PM) 35, 17:30 (5:30 PM) 36, 18:00 (6:00 PM) 37, 18:30 (6:30 PM) 38, 19:00 (7:00 PM) 39, 19:30 (7:30 PM) 40, 20:00 (8:00 PM) Custom alignment: RH
14	[food_intake]	What time did you last eat today? Please select the time of your last food intake, rounding to the nearest 30 minutes. Alternatively, you can	dropdown 0, I haven't eaten today 1, 00:00 (12:00 AM) 2, 00:30 (12:30 AM)

select the "I haven't eaten today" option.

3	01:00 (1:00 AM)
4	01:30 (1:30 AM)
5	02:30 (2:30 AM)
6	03:00 (3:00 AM)
7	03:30 (3:30 AM)
8	04:00 (4:00 AM)
9	04:30 (4:30 AM)
10	05:00 (5:00 AM)
11	05:30 (5:30 AM)
12	06:00 (6:00 AM)
13	06:30 (6:30 AM)
14	07:00 (7:00 AM)
15	07:30 (7:30 AM)
16	08:00 (8:00 AM)
17	08:30 (8:30 AM)
18	09:00 (9:00 AM)
19	09:30 (9:30 AM)
20	10:00 (10:00 AM)
21	10:30 (10:30 AM)
22	11:00 (11:00 AM)
23	11:30 (11:30 AM)
24	12:00 (12:00 PM)
25	12:30 (12:30 PM)
26	13:00 (1:00 PM)
27	13:30 (1:30 PM)
28	14:00 (2:00 PM)
29	14:30 (2:30 PM)
30	15:00 (3:00 PM)
31	15:30 (3:30 PM)
32	16:00 (4:00 PM)
33	16:30 (4:30 PM)
34	17:00 (5:00 PM)
35	17:30 (5:30 PM)

			36 | 18:00 (6:00 PM) 37 | 18:30 (6:30 PM) 38 | 19:00 (7:00 PM) 39 | 19:30 (7:30 PM) 40 | 20:00 (8:00 PM)
15	[caf_intake]	What time did you consume your last caffeinated beverage today? Please select the time of your last caffeinated beverage, rounding to the nearest 30 minutes. Alternatively you can select the "I haven't consumed any caffeinated beverages today" option.	dropdown 0 | I haven't consumed any caffeinated beverages today 1 | 00:00 (12:00 AM) 2 | 00:30 (12:30 AM) 3 | 01:00 (1:00 AM) 4 | 01:30 (1:30 AM) 5 | 02:30 (2:30 AM) 6 | 03:00 (3:00 AM) 7 | 03:30 (3:30 AM) 8 | 04:00 (4:00 AM) 9 | 04:30 (4:30 AM) 10 | 05:00 (5:00 AM) 11 | 05:30 (5:30 AM) 12 | 06:00 (6:00 AM) 13 | 06:30 (6:30 AM) 14 | 07:00 (7:00 AM) 15 | 07:30 (7:30 AM) 16 | 08:00 (8:00 AM) 17 | 08:30 (8:30 AM) 18 | 09:00 (9:00 AM) 19 | 09:30 (9:30 AM) 20 | 10:00 (10:00 AM) 21 | 10:30 (10:30 AM) 22 | 11:00 (11:00 AM) 23 | 11:30 (11:30 AM) 24 | 12:00 (12:00 PM) 25 | 12:30 (12:30 PM)

			26 | 13:00 (1:00 PM) 27 | 13:30 (1:30 PM) 28 | 14:00 (2:00 PM) 29 | 14:30 (2:30 PM) 30 | 15:00 (3:00 PM) 31 | 15:30 (3:30 PM) 32 | 16:00 (4:00 PM) 33 | 16:30 (4:30 PM) 34 | 17:00 (5:00 PM) 35 | 17:30 (5:30 PM) 36 | 18:00 (6:00 PM) 37 | 18:30 (6:30 PM) 38 | 19:00 (7:00 PM) 39 | 19:30 (7:30 PM) 40 | 20:00 (8:00 PM)
16	[nico_intake]	Have you used any nicotine products today? Please select the time of your last nicotine intake, regardless of the source (e.g., cigarettes, snus, vape, nicotine gum), rounding to the nearest 30 minutes. Alternatively, you can select the "I haven't used any nicotine products today" option.	dropdown 0 | I haven't used any nicotine products today 1 | 00:00 (12:00 AM) 2 | 00:30 (12:30 AM) 3 | 01:00 (1:00 AM) 4 | 01:30 (1:30 AM) 5 | 02:30 (2:30 AM) 6 | 03:00 (3:00 AM) 7 | 03:30 (3:30 AM) 8 | 04:00 (4:00 AM) 9 | 04:30 (4:30 AM) 10 | 05:00 (5:00 AM) 11 | 05:30 (5:30 AM) 12 | 06:00 (6:00 AM) 13 | 06:30 (6:30 AM) 14 | 07:00 (7:00 AM) 15 | 07:30 (7:30 AM)

			16 | 08:00 (8:00 AM) 17 | 08:30 (8:30 AM) 18 | 09:00 (9:00 AM) 19 | 09:30 (9:30 AM) 20 | 10:00 (10:00 AM) 21 | 10:30 (10:30 AM) 22 | 11:00 (11:00 AM) 23 | 11:30 (11:30 AM) 24 | 12:00 (12:00 PM) 25 | 12:30 (12:30 PM) 26 | 13:00 (1:00 PM) 27 | 13:30 (1:30 PM) 28 | 14:00 (2:00 PM) 29 | 14:30 (2:30 PM) 30 | 15:00 (3:00 PM) 31 | 15:30 (3:30 PM) 32 | 16:00 (4:00 PM) 33 | 16:30 (4:30 PM) 34 | 17:00 (5:00 PM) 35 | 17:30 (5:30 PM) 36 | 18:00 (6:00 PM) 37 | 18:30 (6:30 PM) 38 | 19:00 (7:00 PM) 39 | 19:30 (7:30 PM) 40 | 20:00 (8:00 PM)
17	[pres_emotions_instr]	Section Header: *Baseline QuestionnaireSection 3: Present State EmotionsTO BE COMPLETED BY THE PARTICIPANT* In this section, you will assess your present emotions. Your task is to indicate how you feel RIGHT NOW now by rating your emotions based on your level of agreement with various statements. Please consider you current emotion state and select the response that best reflects your agreement with how you feel at this	descriptive

		moment. The scale is defined as follows:1. Strongly disagree2. Disagree3. Somewhat disagree4. Neither agree nor disagree5. Somewhat agree6. Agree7. Strongly agreeTake a moment to reflect on your feelings and then choose the option that most accurately represents your level of agreement with how you feel RIGHT NOW.	
18	[high_spirited_t0]	High-spirited	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
19	[hopeless_t0]	Hopeless	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
20	[energetic_t0]	Energetic	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
21	[active_t0]	Active	radio (Matrix) 1 Strongly disagree

			2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
22	[dull_t0]	Dull	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
23	[burdensome_t0]	Burdensome to others	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
24	[quiet_t0]	Quiet	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
25	[passivet_t0]	Passive	radio (Matrix) 1 Strongly disagree 2 Disagree

			3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
26	[pleased_t0]	Pleased	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
27	[glad_t0]	Glad	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
28	[worthy_t0]	Worthy	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
29	[harmonious_t0]	Harmonious	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree

			4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
30	[depressed_t0]	Depressed	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
31	[valuable_t0]	Valuable to others	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
32	[bad_mood_t0]	In a bad mood	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
33	[sad_t0]	Sad	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree

			5 Somewhat agree 6 Agree 7 Strongly agree
34	[optimistic_t0]	Optimistic	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
35	[good_mood_t0]	In a good mood	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
36	[determined_t0]	Determined	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
37	[enthusiastic_t0]	Enthusiastic	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree

			6 Agree 7 Strongly agree
38	[tired_t0]	Tired	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
39	[worthless_t0]	Worthless	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
40	[faint_t0]	Faint	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
41	[lonely_t0]	Lonely	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree

			7 Strongly agree
42	[bored_t0]	Bored	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
43	[hopeful_t0]	Hopeful	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
44	[calm_t0]	Calm	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
45	[connected_t0]	Connected to others	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree

46	[relaxed_t0]	Relaxed	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
47	[serene_t0]	Serene	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
48	[resigned_t0]	Resigned	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
49	[nervous_t0]	Nervous	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
50	[tense_t0]	Tense	radio (Matrix)

			1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
51	[stressed_t0]	Stressed	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
52	[instruction_1]	This marks the end of the baseline questionnaire. Please return the tablet to the study coordinator and do not proceed any further.	descriptive
53	[dom_hand]	Section Header: *Baseline BP Measurements and Randomisation Order TO BE COMPLETED BY THE STUDY COORDINATOR* Select the participants' dominant hand used for the hand grip tasks.	radio, Required 1 Left 2 Right
54	[max_hg_t1]	Max Hand Grip Strength Test 1: Enter the value to one decimal place. *Ensure this value is also recorded in the Excel tracking sheet.*	text (number_1dp, Min: 0.1, Max: 90.0), Required
55	[max_hg_t2]	Max Hand Grip Strength Test 2: Enter the value to one decimal place. *Ensure this value is also recorded in the Excel tracking sheet.*	text (number_1dp, Min: 0.1, Max: 90.0), Required
56	[max_hg_t3]	Max Hand Grip Strength Test 3: Enter the value to one decimal place. *Ensure this value is also recorded in the Excel tracking sheet.*	text (number_1dp, Min: 0.1, Max: 90.0), Required

57	[hg_30_max]	30% of Maximum Hand Grip Strength (best of 3 trials): Enter the value to two decimal places. *Ensure this value is also recorded in the Excel tracking sheet.*	text (number_2dp, Min: 0.01, Max: 90.00), Required
58	[hg_setting]	Hand Grip Endurance Setting: Round 30% of maximum hand grip strength to the nearest multiple of 2 (choose option from drop-down box). *Ensure this value is also recorded in Excel tracking sheet.*	dropdown, Required 1, 2 2, 4 3, 6 4, 8 5, 10 6, 12 7, 14 8, 16 9, 18 10, 20 11, 22 12, 24 13, 26 14, 28
59	[nback_level]	N-back Baseline Test: Enter the value indicating the participant's level for the N-back behavioural perseverance task. *Ensure this value is also recorded in the Excel tracking sheet.*	text (number, Min: 1, Max: 5), Required
60	[randomisation_order]	Full Randomisation Order: Choose the randomisation order of exposures and tasks assigned to the participant. *Ensure this order is also recorded in Excel tracking sheet.*	dropdown, Required 1, 1 (B - H N T - W B) 2, 2 (B - H N T - B W) 3, 3 (B - N T H - W B) 4, 4 (B - N T H - B W) 5, 5 (B - T H N - W B) 6, 6 (B - T H N - B W) 7, 7 (B - T N H - W B) 8, 8 (B - T N H - B W) 9, 9 (B - H T N - W B) 10, 10 (B - H T N - B W)

			11 (B - N H T - W B) 12 (B - N H T - B W) 13 (W - H N T - W B) 14 (W - H N T - B W) 15 (W - N T H - W B) 16 (W - N T H - B W) 17 (W - T H N - W B) 18 (W - T H N - B W) 19 (W - T N H - W B) 20 (W - T N H - B W) 21 (W - H T N - W B) 22 (W - H T N - B W) 23 (W - N H T - W B) 24 (W - N H T - B W)
61	[exposure_condition]	Exposure Condition: Choose the randomly assigned exposure condition given to the participant.	radio, Required 1 Blue 2 White
62	[bp_task_order]	Behavioural Perseverance Task Order: Choose the order randomly assigned to the participant.	radio, Required 1 H N T 2 N T H 3 T H N 4 T N H 5 H T N 6 N H T
63	[light_assoc_order]	Lighting Association Questionnaire, Exposure Order: Choose the order randomly assigned to the participant.	radio, Required 1 W B 2 B W
64	[check_2]	Confirm Entry to Excel File: Have you entered all relevant information into the designated Excel file?	checkbox, Required 1 check_2___1 Yes
65	[hg_endurance]	Section Header: *BP Measures AND Stress and Effort Scales TO BE COMPLETED BY THE STUDY COORDINATOR* Hand Grip Endurance Test: Enter the total time the participant was able to	text (time_mm_ss, Min: 00:01, Max: 05:00), Required

		maintain the task, in minutes (up to two decimal places).	
66	[tn_endurance]	Thread and Needle Endurance Test: Enter the total time the participant was able to maintain the task, in minutes (up to two decimal places).	text (time_mm_ss, Min: 00:01, Max: 05:00), Required
67	[nback_endurance]	N-back Endurance Test: Enter the total time the participant was able to maintain the task, in minutes (up to two decimal places).	text (time_mm_ss, Min: 00:01, Max: 05:00), Required
68	[nback_hits]	N-back Proportion of Hits: Enter the proportion of hits the participant achieves (round the number to two decimal places i.e., 0.32).	text (number_2dp, Min: 0.00, Max: 1.00), Required
69	[nback_false]	N-back Proportion of False Alarms: Enter the proportion of false alarms made by the participant (round the number to two decimal places i.e., 0.68).	text (number_2dp, Min: 0.00, Max: 1.00), Required
70	[stress_t3]	Stress Scale 3: Post first behavioural perseverance measure. Value must be between 0 and 12, and may include one decimal place. *Use a full stop for decimal numbers (e.g., 7.5)*	text (number_1dp, Min: 0.0, Max: 12.0), Required
71	[effort_t1]	Effort Scale 1: Post first behavioural perseverance measure. Value must be between 0 and 12, and may include one decimal place. *Use a full stop for decimal numbers (e.g., 7.5)*	text (number_1dp, Min: 0.0, Max: 12.0), Required
72	[stress_t4]	Stress Scale 4: Post second behavioural perseverance measure. Value must be between 0 and 12, and may include one decimal place. *Use a full stop for decimal numbers (e.g., 7.5)*	text (number_1dp, Min: 0.0, Max: 12.0), Required
73	[effort_t2]	Effort Scale 2: Post second behavioural perseverance measure. Value must be between 0 and 12, and may include one decimal place. *Use a full stop for decimal numbers (e.g., 7.5)*	text (number_1dp, Min: 0.0, Max: 12.0), Required
74	[stress_t5]	Stress Scale 5: Post third behavioural perseverance measure. Value must be between 0 and 12, and may include one decimal place. *Use a full stop for decimal numbers (e.g., 7.5)*	text (number_1dp, Min: 0.0, Max: 12.0), Required

75	[effort_t3]	Effort Scale 3: Post third behavioural perseverance measure. Value must be between 0 and 12, and may include one decimal place. *Use a full stop for decimal numbers (e.g., 7.5)*	text (number_1dp, Min: 0.0, Max: 12.0), Required
76	[pres_emotions_instr2]	Section Header: *Midpoint QuestionnaireSection 1: Present State EmotionsTO BE COMPLETED BY THE PARTICIPANT* In this section, you will assess your present emotions. Your task is to indicate how you feel RIGHT NOW by rating your emotions based on your level of agreement with various statements. Please consider you current emotion state and select the response that best reflects your agreement with how you feel at this moment. The scale is defined as follows:1. Strongly disagree2. Disagree3. Somewhat disagree4. Neither agree nor disagree5. Somewhat agree6. Agree7. Strongly agreeTake a moment to reflect on your feelings and then choose the option that most accurately represents your level of agreement with how you feel RIGHT NOW.	descriptive
77	[high_spirited_t1]	High-spirited	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
78	[hopeless_t1]	Hopeless	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree

			6 Agree 7 Strongly agree
79	[energetic_t1]	Energetic	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
80	[active_t1]	Active	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
81	[dull_t1]	Dull	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
82	[burdensome_t1]	Burdensome to others	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree

			7 Strongly agree
83	[quiet_t1]	Quiet	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
84	[passivet_t1]	Passive	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
85	[pleased_t1]	Pleased	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
86	[glad_t1]	Glad	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree

87	[worthy_t1]	Worthy	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
88	[harmonious_t1]	Harmonious	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
89	[depressed_t1]	Depressed	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
90	[valuable_t1]	Valuable to others	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
91	[bad_mood_t1]	In a bad mood	radio (Matrix)

			1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
92	[sad_t1]	Sad	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
93	[optimistic_t1]	Optimistic	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
94	[good_mood_t1]	In a good mood	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
95	[determined_t1]	Determined	radio (Matrix) 1 Strongly disagree

			2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
96	[enthusiastic_t1]	Enthusiastic	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
97	[tired_t1]	Tired	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
98	[worthless_t1]	Worthless	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
99	[faint_t1]	Faint	radio (Matrix) 1 Strongly disagree 2 Disagree

			3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
100	[lonely_t1]	Lonely	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
101	[bored_t1]	Bored	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
102	[hopeful_t1]	Hopeful	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
103	[calm_t1]	Calm	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree

			4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
104	[connected_t1]	Connected to others	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
105	[relaxed_t1]	Relaxed	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
106	[serene_t1]	Serene	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
107	[resigned_t1]	Resigned	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree

			5 Somewhat agree 6 Agree 7 Strongly agree
108	[nervous_t1]	Nervous	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
109	[tense_t1]	Tense	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
110	[stressed_t1]	Stressed	radio (Matrix) 1 Strongly disagree 2 Disagree 3 Somewhat disagree 4 Neither agree nor disagree 5 Somewhat agree 6 Agree 7 Strongly agree
111	[dass21_instr]	Section Header: *Midpoint QuestionnaireSection 2: Psychological healthTO BE COMPLETED BY THE PARTICIPANT* Please read each statement and select the number which indicates how much the statement applied to you over the PAST WEEK. The rating scale is as follows:1. Did not apply to me at all2. Applied to me to some degree, or	descriptive

		some of the time3. Applied to me to a considerable degree or a good part of time4. Applied to me very much or most of the timeThere are no right or wrong answers. Do not spend too much time on any statement.	
112	[stress_1]	I found it hard to wind down	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
113	[anxiety_2]	I was aware of dryness of my mouth	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
114	[depression_3]	I couldn't seem to experience any positive feeling at all	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
115	[anxiety_4]	I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time

			2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
116	[depression_5]	I found it difficult to work up the initiative to do things	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
117	[stress_6]	I tended to over-react to situations	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
118	[anxiety_7]	I experienced trembling (e.g. in the hands)	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
119	[stress_8]	I felt that I was using a lot of nervous energy	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time

			2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
120	[anxiety_9]	I was worried about situations in which I might panic and make a fool of myself	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
121	[depression_10]	I felt that I had nothing to look forward to	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
122	[stress_11]	I found myself getting agitated	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
123	[stress_12]	I found it difficult to relax	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time

			2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
124	[depression_13]	I felt down-hearted and blue	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
125	[stress_14]	I was intolerant of anything that kept me from getting on with what I was doing	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
126	[anxiety_15]	I felt I was close to panic	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
127	[depression_16]	I was unable to become enthusiastic about anything	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time

			2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
128	[depression_17]	I felt I wasn't worth much as a person	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
129	[stress_18]	I felt that I was rather touchy	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
130	[anxiety_19]	I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
131	[anxiety_20]	I felt scared without any good reason	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time

			2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
132	[depression_21]	I felt that life was meaningless	radio (Matrix) 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time
133	[sidas_1_instr]	Section Header: *Midpoint QuestionnaireSection 3: Suicidal ideation TO BE COMPLETED BY THE PARTICIPANT* The following questions aim to assess your experiences related to thoughts of suicide over the PAST MONTH. Please read each question and the answer options carefully. Use the slider to select the number that best reflects your experience, from 0 ("Never") to 10 ("Always").	descriptive
134	[sidas_1]	In the past month, how often have you had thoughts about suicide?	slider (number, Min: 0, Max: 10) Slider labels: Never, , Always Custom alignment: RH
135	[sidas_2]	In the past month, how much control have you had over these thoughts?	slider (number, Min: 0, Max: 10) Slider labels: Never, , Always Custom alignment: RH
136	[sidas_3]	In the past month, how close have you come to making a suicide attempt?	slider (number, Min: 0, Max: 10) Slider labels: Never, , Always Custom alignment: RH
137	[sidas_4]	In the past month, to what extent have you felt tormented by thoughts about suicide?	slider (number, Min: 0, Max: 10) Slider labels: Never, , Always Custom alignment: RH
138	[sidas_5]	In the past month, how much have your thoughts about suicide interfered with your ability to carry out daily activities, such as work, household tasks or social activities?	slider (number, Min: 0, Max: 10) Slider labels: Never, , Always Custom alignment: RH

139	[hope_scale_instr]	Section Header: *Midpoint QuestionnaireSection 4: Hope and goal settingTO BE COMPLETED BY THE PARTICIPANT* Please read each item carefully. Using the scale shown below, select the option that best describes YOU.	descriptive
140	[hope_1]	I can think of many ways to get out of a jam	radio (Matrix) 1 Definitely false 2 Mostly false 3 Somewhat false 4 Slightly false 5 Slightly true 6 Somewhat true 7 Mostly true 8 Definitely true
141	[hope_2]	I energetically pursue my goals	radio (Matrix) 1 Definitely false 2 Mostly false 3 Somewhat false 4 Slightly false 5 Slightly true 6 Somewhat true 7 Mostly true 8 Definitely true
142	[hope_3]	I feel tired most of the time	radio (Matrix) 1 Definitely false 2 Mostly false 3 Somewhat false 4 Slightly false 5 Slightly true 6 Somewhat true 7 Mostly true 8 Definitely true
143	[hope_4]	There are lots of ways around any problem	radio (Matrix) 1 Definitely false

			2 Mostly false 3 Somewhat false 4 Slightly false 5 Slightly true 6 Somewhat true 7 Mostly true 8 Definitely true
144 [hope_5]		I am easily drowned in an argument	radio (Matrix) 1 Definitely false 2 Mostly false 3 Somewhat false 4 Slightly false 5 Slightly true 6 Somewhat true 7 Mostly true 8 Definitely true
145 [hope_6]		I can think of many ways to get the things in life that are important to me	radio (Matrix) 1 Definitely false 2 Mostly false 3 Somewhat false 4 Slightly false 5 Slightly true 6 Somewhat true 7 Mostly true 8 Definitely true
146 [hope_7]		I worry about my health	radio (Matrix) 1 Definitely false 2 Mostly false 3 Somewhat false 4 Slightly false 5 Slightly true 6 Somewhat true 7 Mostly true

			8 Definitely true
147 [hope_8]		Even when others get discouraged, I know I can find a way to solve the problem	radio (Matrix) 1 Definitely false 2 Mostly false 3 Somewhat false 4 Slightly false 5 Slightly true 6 Somewhat true 7 Mostly true 8 Definitely true
148 [hope_9]		My past experiences have prepared me well for my future	radio (Matrix) 1 Definitely false 2 Mostly false 3 Somewhat false 4 Slightly false 5 Slightly true 6 Somewhat true 7 Mostly true 8 Definitely true
149 [hope_10]		I've been pretty successful in life	radio (Matrix) 1 Definitely false 2 Mostly false 3 Somewhat false 4 Slightly false 5 Slightly true 6 Somewhat true 7 Mostly true 8 Definitely true
150 [hope_11]		I usually find myself worrying about something	radio (Matrix) 1 Definitely false 2 Mostly false 3 Somewhat false 4 Slightly false

			5 Slightly true 6 Somewhat true 7 Mostly true 8 Definitely true
151	[hope_12]	I meet the goals that I set myself	radio (Matrix) 1 Definitely false 2 Mostly false 3 Somewhat false 4 Slightly false 5 Slightly true 6 Somewhat true 7 Mostly true 8 Definitely true
152	[instruction_2]	This marks the end of the midpoint questionnaire. Please return the tablet to the study coordinator and do not proceed any further.	descriptive
153	[stress_t6]	Section Header: *Last Stress Scale Measurement TO BE COMPLETED BY STUDY COORDINATOR* Stress Scale 6: Post exposure and ECG monitor disconnection. Value must be between 0 and 12, and may include one decimal place. *Use a full stop for decimal places (e.g., 7.5)*	text (number_1dp, Min: 0.0, Max: 12.0), Required Custom alignment: RH
154	[symptoms_checklist_instr]	Section Header: *Final QuestionnaireSection 1: Psychological SymptomsTO BE COMPLETED BY THE STUDY PARTICIPANT* Below is a list of problems and complaints that people sometimes have. Please read each one carefully. After you have done so, select the option that best describes how much that problem bothered or distressed you during the PAST WEEK, including TODAY. Please read the following example before beginning. Example: In the previous week, how much were bothered by "backaches" 1. Not at all 2. A litte bit 3. Moderately4. Quite a bit5. ExtremelyPlease proceed with questionnaire.	descriptive

155 [scl_1]	Headaches	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
156 [scl_2]	Nervousness or shakiness inside	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
157 [scl_3]	Unwanted thoughts, words, or ideas that won't leave your mind	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
158 [scl_4]	Faintness or dizziness	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
159 [scl_5]	Loss of sexual interest or pleasure	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
160 [scl_6]	Feeling critical of others	radio (Matrix) 0 Not at all 1 A little bit

			2 Moderately 3 Quite a bit 4 Extremely
161	[scl_7]	The idea that someone else can control your thoughts	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
162	[scl_8]	Feeling others are to blame for most of your troubles	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
163	[scl_9]	Trouble remembering things	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
164	[scl_10]	Worried about sloppiness or carelessness	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
165	[scl_11]	Feeling easily annoyed or irritated	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely

166 [scl_12]	Pains in heart or chest	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
167 [scl_13]	Feeling afraid in open spaces or on the streets	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
168 [scl_14]	Feeling low in energy or slowed down	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
169 [scl_15]	Thoughts of ending your life	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
170 [scl_16]	Hearing voices that other people do not hear	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
171 [scl_17]	Trembling	radio (Matrix) 0 Not at all 1 A little bit

			2 Moderately 3 Quite a bit 4 Extremely
172	[scl_18]	Feeling that most people cannot be trusted	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
173	[scl_19]	Poor appetite	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
174	[scl_20]	Crying easily	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
175	[scl_21]	Feeling shy or uneasy with the opposite sex	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
176	[scl_22]	Feeling of being trapped or caught	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely

177 [scl_23]	Suddenly scared for no reason	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
178 [scl_24]	Temper outbursts that you could not control	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
179 [scl_25]	Feeling afraid to go out of your house alone	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
180 [scl_26]	Blaming yourself for things	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
181 [scl_27]	Pains in your lower back	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
182 [scl_28]	Feeling blocked in getting things done	radio (Matrix) 0 Not at all 1 A little bit

			2 Moderately 3 Quite a bit 4 Extremely
183	[scl_29]	Feeling lonely	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
184	[scl_30]	Feeling blue	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
185	[scl_31]	Worrying too much about things	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
186	[scl_32]	Feeling no interest in things	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
187	[scl_33]	Feeling fearful	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely

188 [scl_34]	Your feelings being easily hurt	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
189 [scl_35]	Other people being aware of your private thoughts	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
190 [scl_36]	Feeling others do not understand you or are unsympathetic	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
191 [scl_37]	Feeling that people are unfriendly or dislike you	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
192 [scl_38]	Having to do things slowly to insure corrections	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
193 [scl_39]	Heart pounding or racing	radio (Matrix) 0 Not at all 1 A little bit

			2 Moderately 3 Quite a bit 4 Extremely
194	[scl_40]	Nausea or upset stomach	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
195	[scl_41]	Feeling inferior to others	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
196	[scl_42]	Soreness of your muscles	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
197	[scl_43]	Feeling that you are watched or talked about by others	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
198	[scl_44]	Trouble falling asleep	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely

199 [scl_45]	Having to check and double check what you do	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
200 [scl_46]	Difficulty making decisions	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
201 [scl_47]	Feeling afraid to travel on buses, subways, and trains	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
202 [scl_48]	Trouble getting your breath	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
203 [scl_49]	Hot or cold spells	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
204 [scl_50]	Having to avoid certain things, places, or activities because they frighten you	radio (Matrix) 0 Not at all 1 A little bit

			2, Moderately 3, Quite a bit 4, Extremely
205	[scl_51]	Your mind going blank	radio (Matrix) 0, Not at all 1, A little bit 2, Moderately 3, Quite a bit 4, Extremely
206	[scl_52]	Numbness or tingling in parts of your body	radio (Matrix) 0, Not at all 1, A little bit 2, Moderately 3, Quite a bit 4, Extremely
207	[scl_53]	A lump in your throat	radio (Matrix) 0, Not at all 1, A little bit 2, Moderately 3, Quite a bit 4, Extremely
208	[scl_54]	Feeling hopeless about the future	radio (Matrix) 0, Not at all 1, A little bit 2, Moderately 3, Quite a bit 4, Extremely
209	[scl_55]	Trouble concentrating	radio (Matrix) 0, Not at all 1, A little bit 2, Moderately 3, Quite a bit 4, Extremely

210 [scl_56]	Feeling weak in parts of your body	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
211 [scl_57]	Feeling tense or keyed up	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
212 [scl_58]	Heavy feelings in your arms or legs	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
213 [scl_59]	Thoughts of death or dying	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
214 [scl_60]	Overeating	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
215 [scl_61]	Feeling uneasy when people are watching or talking to you	radio (Matrix) 0 Not at all 1 A little bit

			2 Moderately 3 Quite a bit 4 Extremely
216 [scl_62]		Having thoughts that are not your own	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
217 [scl_63]		Having urges to beat, injure, or harm someone	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
218 [scl_64]		Awakening in the early morning	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
219 [scl_65]		Having to repeat the same actions such as touching, counting, washing	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
220 [scl_66]		Sleep that is restless or disturbed	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely

221 [scl_67]	Having urges to smash or break things	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
222 [scl_68]	Having ideas or beliefs that others do not share	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
223 [scl_69]	Feeling very self-conscious with others	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
224 [scl_70]	Feeling uneasy in crowds, such as shopping or at a movie	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
225 [scl_71]	Feeling everything is an effort	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
226 [scl_72]	Spells of terror or panic	radio (Matrix) 0 Not at all 1 A little bit

			2, Moderately 3, Quite a bit 4, Extremely
227	[scl_73]	Feeling uncomfortable eating or drinking in public	radio (Matrix) 0, Not at all 1, A little bit 2, Moderately 3, Quite a bit 4, Extremely
228	[scl_74]	Getting into frequent arguments	radio (Matrix) 0, Not at all 1, A little bit 2, Moderately 3, Quite a bit 4, Extremely
229	[scl_75]	Feeling nervous when you are left alone	radio (Matrix) 0, Not at all 1, A little bit 2, Moderately 3, Quite a bit 4, Extremely
230	[scl_76]	Others are not giving you proper credit for your achievements	radio (Matrix) 0, Not at all 1, A little bit 2, Moderately 3, Quite a bit 4, Extremely
231	[scl_77]	Feeling lonely even when you are with people	radio (Matrix) 0, Not at all 1, A little bit 2, Moderately 3, Quite a bit 4, Extremely

232 [scl_78]	Feeling so restless you couldn't sit still	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
233 [scl_79]	Feelings of worthlessness	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
234 [scl_80]	Feeling that familiar things are strange or unreal	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
235 [scl_81]	Shouting or throwing things	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
236 [scl_82]	Feeling afraid you will faint in public	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
237 [scl_83]	Feeling that people will take advantage of you if you let them	radio (Matrix) 0 Not at all 1 A little bit

			2 Moderately 3 Quite a bit 4 Extremely
238	[scl_84]	Having thoughts about sex that bother you a lot	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
239	[scl_85]	The idea that you should be punished for your sins	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
240	[scl_86]	Feeling pushed to get things done	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
241	[scl_87]	The idea that something serious is wrong with your body	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
242	[scl_88]	Never feeling close to another person	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely

243	[scl_89]	Feelings of guilt	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
244	[scl_90]	The idea that something is wrong with your mind	radio (Matrix) 0 Not at all 1 A little bit 2 Moderately 3 Quite a bit 4 Extremely
245	[transport_habits_instr]	Section Header: *Final QuestionnaireSection 2: Transportation habitsTO BE COMPLETED BY THE PARTICIPANT* Below is a list of different modes of transportation. For each one, please select the option that best reflects how often you use that mode in an AVERAGE WEEK. The rating scale is as follows:1. Never2. Once a week3. A few times a week (2-3 times)4. Several times a week (4-5 times)5. Daily6. Multiple times a dayIn an average week, how often do you use the following modes of transportation?	descriptive
246	[foot]	By foot	radio (Matrix) 1 Never 2 Once a week 3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
247	[bicycle]	Bicycle	radio (Matrix) 1 Never 2 Once a week

			3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
248	[bus]	Bus	radio (Matrix) 1 Never 2 Once a week 3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
249	[tram]	Tram	radio (Matrix) 1 Never 2 Once a week 3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
250	[subway]	Subway	radio (Matrix) 1 Never 2 Once a week 3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
251	[com_train]	Commuter train	radio (Matrix) 1 Never 2 Once a week

			3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
252	[boat]	Boat	radio (Matrix) 1 Never 2 Once a week 3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
253	[car_driver]	Car, as driver	radio (Matrix) 1 Never 2 Once a week 3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
254	[car_passenger]	Car, as passenger	radio (Matrix) 1 Never 2 Once a week 3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
255	[moped_mc]	Moped/Motorcycle	radio (Matrix) 1 Never 2 Once a week

			3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
256	[taxi]	Taxi (not transport service)	radio (Matrix) 1 Never 2 Once a week 3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
257	[trans_serv]	Transport service	radio (Matrix) 1 Never 2 Once a week 3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
258	[trans_other]	Other	radio (Matrix) 1 Never 2 Once a week 3 A few times a week (2-3 times) 4 Several times a week (4-5 times) 5 Daily 6 Multiple times a day
259	[nback_readability]	Section Header: *Final QuestionnaireSection 3: Other TO BE COMPLETED BY THE PARTICIPANT The following statements relate to the readibility and visibility of certain tasks. For each one,*	dropdown 1 Agree strongly 2 Agree moderately

		select the response from the dropdown menu that best reflects your experience. To what extent do you agree with the statements below? The N-back task letters were easy to read.	3 Agree slightly 4 Disagree slightly 5 Disagree moderately 6 Disagree strongly Custom alignment: RH
260	[thread_visibility]	It was easy to see the objects when threading the needle.	dropdown 1 Agree strongly 2 Agree moderately 3 Agree slightly 4 Disagree slightly 5 Disagree moderately 6 Disagree strongly Custom alignment: RH
261	[instruction_3]	This marks the end of the final questionnaire. Please return the tablet to the study coordinator and do not proceed any further.	descriptive
262	[intro_assocb]	Section Header: *Associations Questionnaire TO BE COMPLETED BY THE PARTICIPANT This is the last component of the study. You will now be exposed to two different light sources, either blue or white. Please fill out the questionnaire corresponding to the light source that you are exposed to at each point in the study. Please continue reading the instructions below for more details, including which light source corresponds to each questionnaire.* BLUE LIGHTWe are interested in the associations you make with the light exposure. An association is any word, feeling, or idea that you connect with something based on your experience. For example, when you think of the sun, you might connect it with the word 'yellow' or 'bright'.As you are currently exposed to the blue LED light, what associations come to mind? Please provide up to 5 words. There are no right or wrong answers - just respond with whatever feels natural without overthinking it. For each word, then rate how strongly you	descriptive

		feel each association on a scale from 1 to 10, where: 1 means the association feels weak, not as relevant, or a less obvious connection; and 10 means the association feels extremely strong, very relevant, or a strong connection. For example, if you associate 'fire' with 'hot' this may feel like a strong, clear connection, whereas 'fire' and 'candle' may feel like a weaker, less obvious connection.	
263	[blue_association]	Associations Blue Light Exposure Rating Word 1: {assoc_b1} {assoc_b1_rate} Word 2: {assoc_b2} {assoc_b2_rate} Word 3: {assoc_b3} {assoc_b3_rate} Word 4: {assoc_b4} {assoc_b4_rate} Word 5: {assoc_b5} {assoc_b5_rate}	descriptive
264	[assoc_b1]	Word 1:	text Custom alignment: RH
265	[assoc_b2]	Word 2:	text Custom alignment: RH
266	[assoc_b3]	Word 3:	text Custom alignment: RH
267	[assoc_b4]	Word 4:	text Custom alignment: RH
268	[assoc_b5]	Word 5:	text Custom alignment: RH
269	[assoc_b1_rate]		slider (number, Min: 0, Max: 10) Slider labels: Weak association, , Stong Association Custom alignment: RH
270	[assoc_b2_rate]		slider (number, Min: 0, Max: 10) Slider labels: Weak association, , Strong association Custom alignment: RH
271	[assoc_b3_rate]		slider (number, Min: 0, Max: 10) Slider labels: Weak association, , Strong Association Custom alignment: RH

272	[assoc_b4_rate]		slider (number, Min: 0, Max: 10) Slider labels: Weak association, , Strong association Custom alignment: RH
273	[assoc_b5_rate]		slider (number, Min: 0, Max: 10) Slider labels: Weak association, , Strong association Custom alignment: RH
274	[intro_assoc]	WHITE LIGHTWe are interested in the associations you make with the light exposure. An association is any word, feeling, or idea that you connect with something based on your experience. For example, when you think of the sun, you might connect it with the word 'yellow' or 'bright'.As you are currently exposed to the white LED light, what associations come to mind? Please provide up to 5 words. There are no right or wrong answers - just respond with whatever feels natural without overthinking it.For each word, then rate how strongly you feel each association on a scale from 1 to 10, where: 1 means the association feels weak, not as relevant, or a less obvious connection; and 10 means the association feels extremely strong, very relevant, or a strong connection. For example, if you associate 'fire' with 'hot' this may feel like a strong, clear connection, whereas 'fire' and 'candle' may feel like a weaker, less obvious connection.	descriptive
275	[white_association]	Associations White Light Exposure Rating Word 1: {assoc_w1} {assoc_w1_rate} Word 2: {assoc_w2} {assoc_w2_rate} Word 3: {assoc_w3} {assoc_w3_rate} Word 4: {assoc_w4} {assoc_w4_rate} Word 5: {assoc_w5} {assoc_w5_rate}	descriptive
276	[assoc_w1]	Word 1:	text Custom alignment: RH
277	[assoc_w2]	Word 2:	text Custom alignment: RH

278	[assoc_w3]	Word 3:	text Custom alignment: RH
279	[assoc_w4]	Word 4:	text Custom alignment: RH
280	[assoc_w5]	Word 5:	text Custom alignment: RH
281	[assoc_w1_rate]		slider (number, Min: 0, Max: 10) Slider labels: Weak association, , Strong association Custom alignment: RH
282	[assoc_w2_rate]		slider (number, Min: 0, Max: 10) Slider labels: Weak association, , Strong association Custom alignment: RH
283	[assoc_w3_rate]		slider (Min: 0, Max: 10) Slider labels: Weak association, , Strong association Custom alignment: RH
284	[assoc_w4_rate]		slider (number, Min: 0, Max: 10) Slider labels: Weak association, , Strong association Custom alignment: RH
285	[assoc_w5_rate]		slider (number, Min: 0, Max: 10) Slider labels: Weak association, , Strong association Custom alignment: RH
286	[exploring_the_psychological_emotional_and_behaviou_complete]	Section Header: *Form Status* Complete?	dropdown 0, Incomplete 1, Unverified 2, Complete